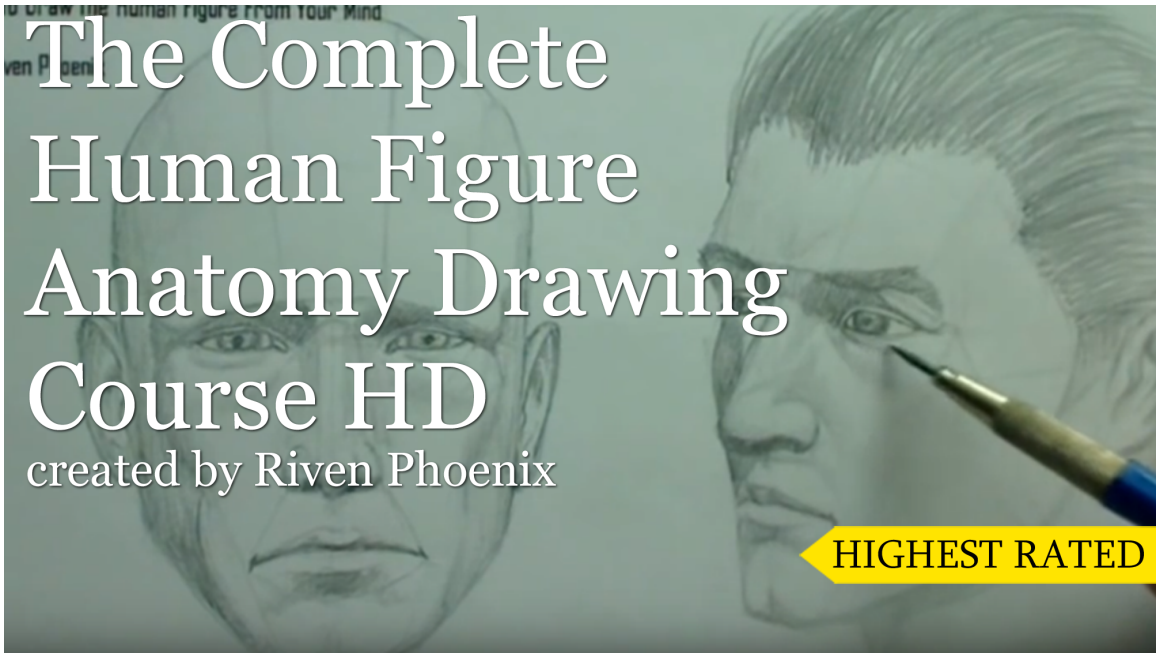


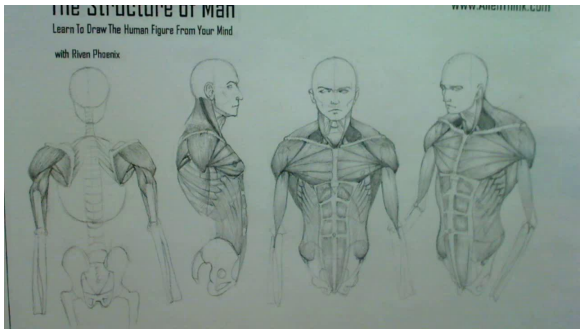
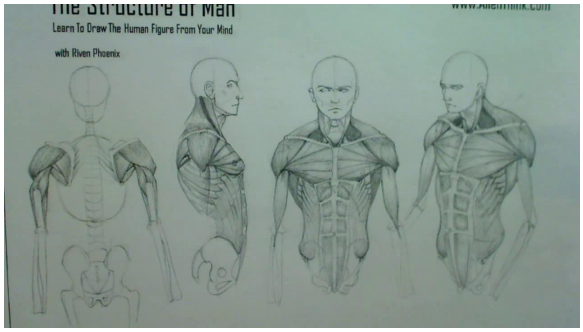
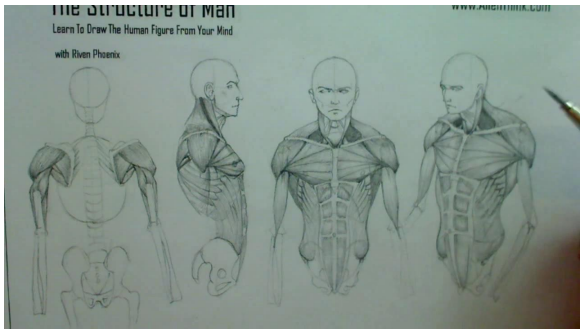
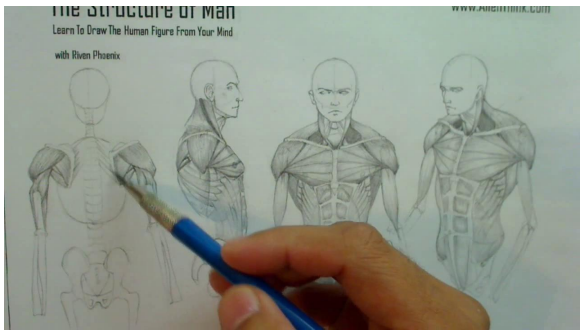
The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

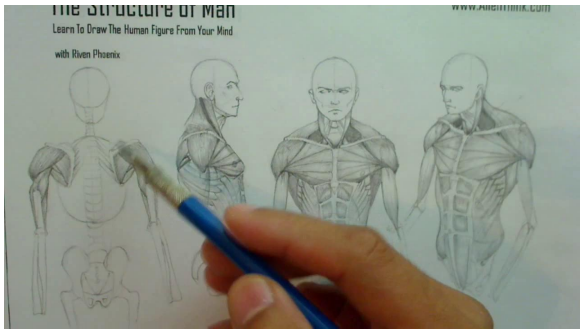
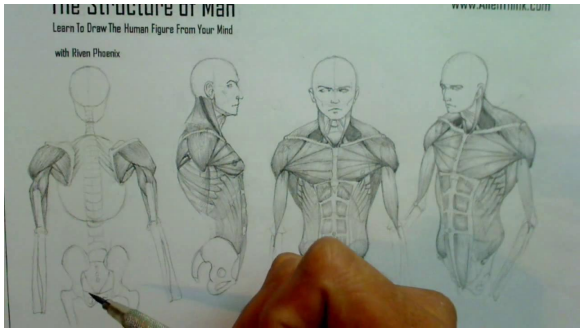
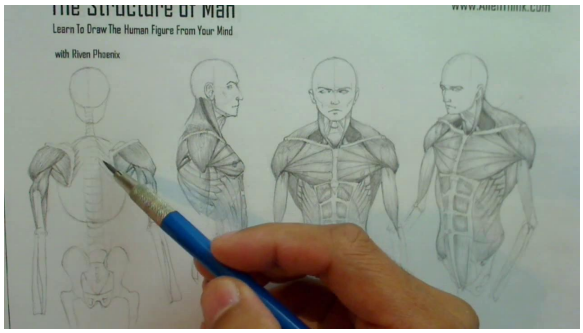
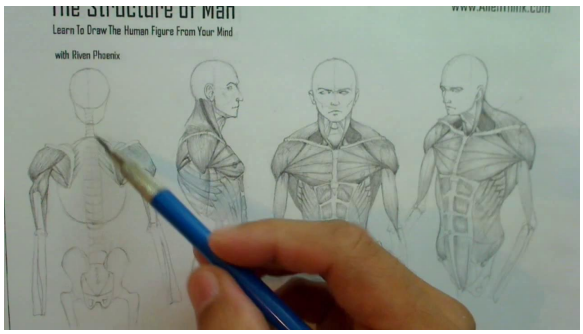
www.alienthink.com

Figure Drawing Lesson 130 - The Muscles of The Torso - Part 11

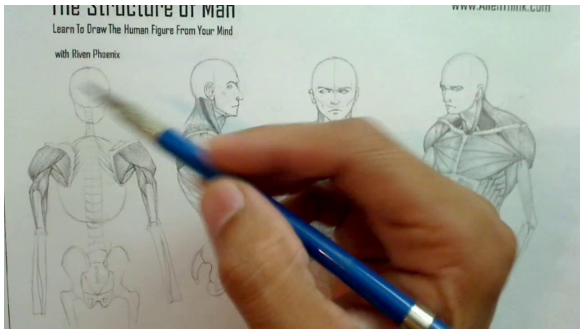
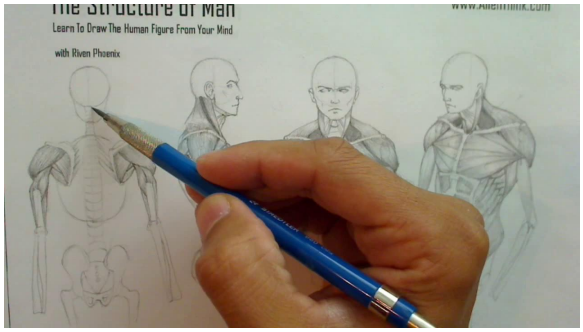
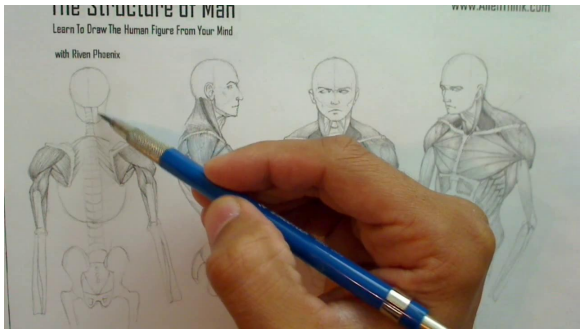
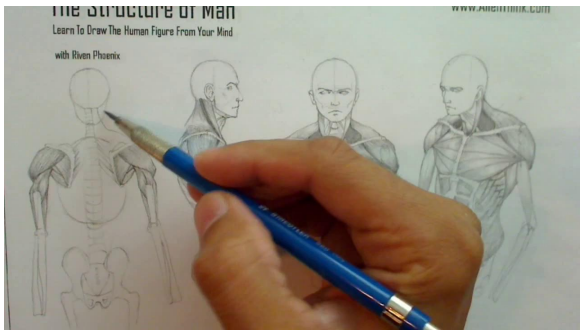
2026 Riven Phoenix and AlienThink.com

1		Hey guys, my name is Riven Phoenix and welcome to the Structure of Man.
2		I learned to draw the human figure from your mind training course.
3		Okay, so in the previous lesson we had now understood more about the muscle structures
4		to what was going on in this area here.

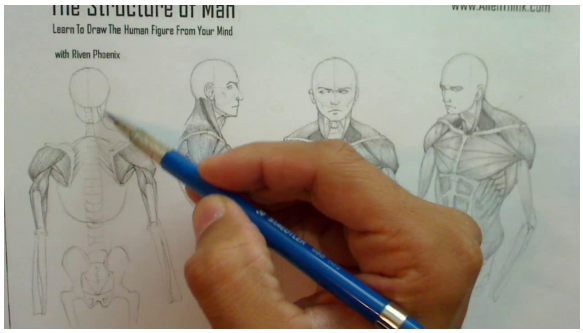
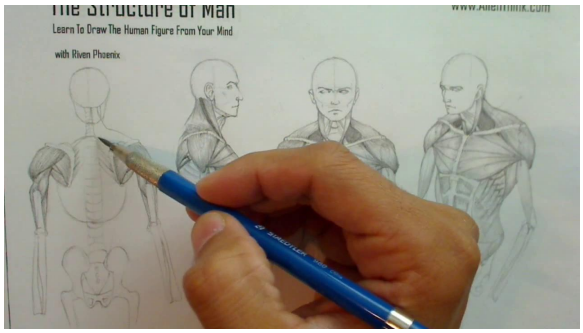
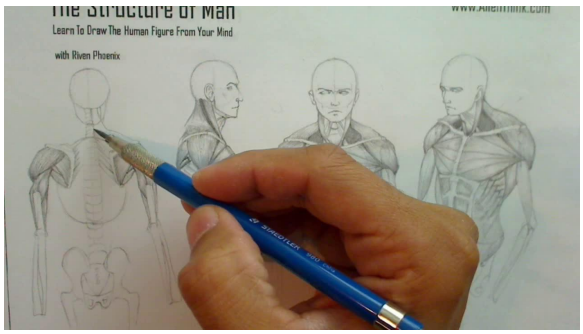
2026 Riven Phoenix and AlienThink.com

5		And then we also looked at the design of the deltoid.
6		So now we're going to understand the trapezius muscles as to how it is to be laid out
7		in our understanding of it in our own rules over here in the back.
8		So this is where our understanding of this section here of the neck is going to start to change.

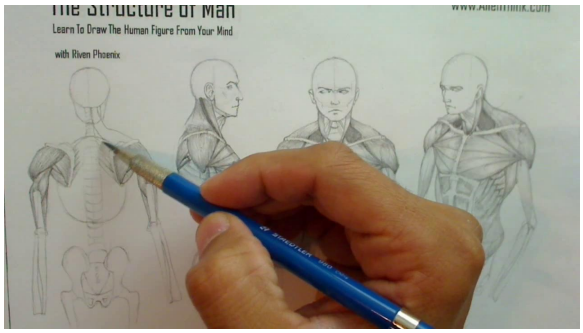
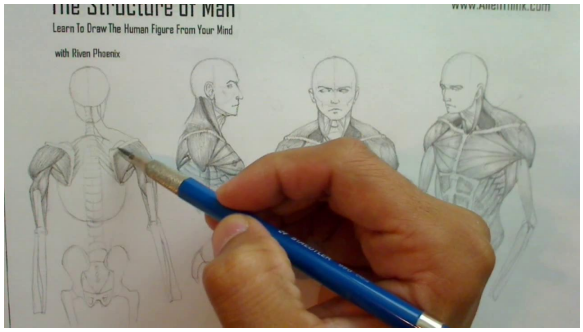
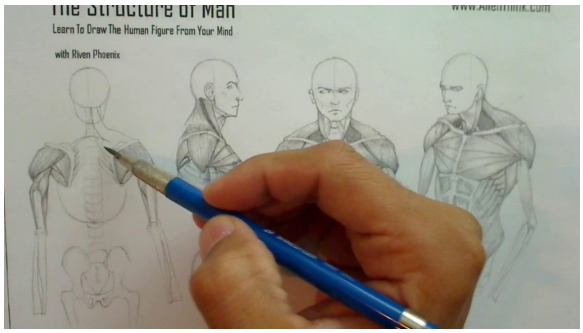
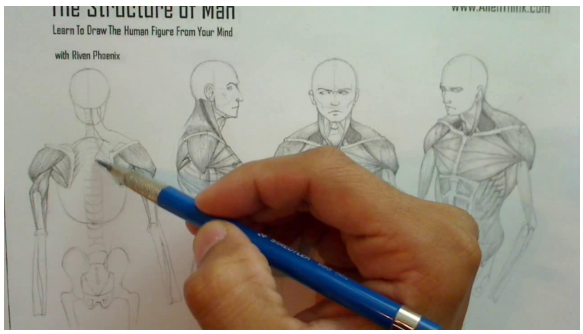
2026 Riven Phoenix and AlienThink.com

9		Okay, so basically to lay out this here where we have the spine over here,
10		it's going to be connecting from here and then it's going to connect from here.
11		So it's going to go just like this all the way down like this and then it's going to have this design to it.
12		Right, so over here this muscle we know that it's connecting from the neck and it's going to go down this way.

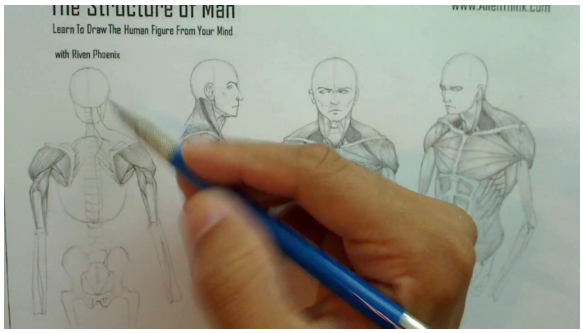
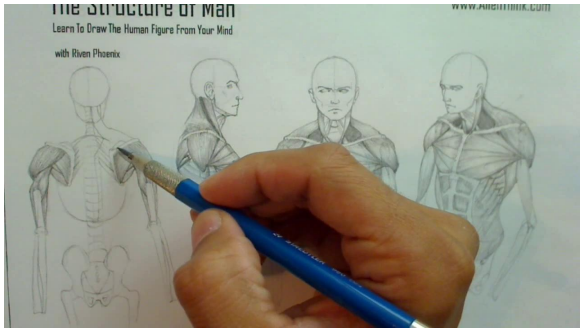
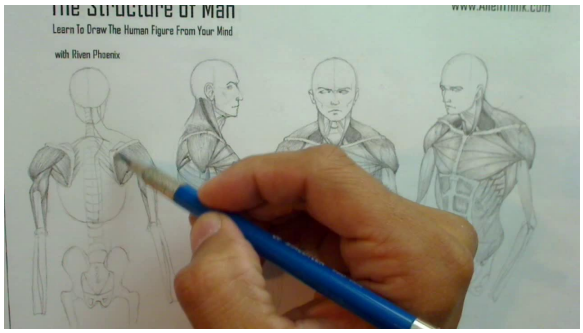
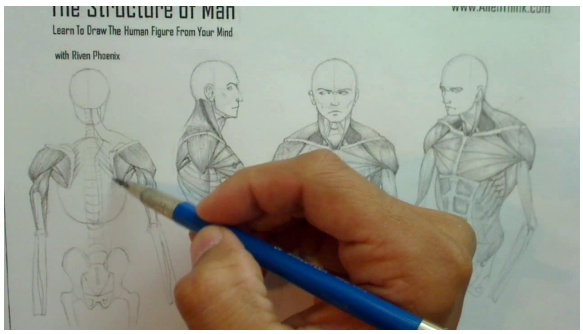
2026 Riven Phoenix and AlienThink.com

13		Right, so this helps us to understand as to what's going on.
14		So what happens is this trapezius muscles goes down over here and where you have this section here
15		for the top of the chest cavity is going to come like this.
16		Right, it's going to go on a swing over here and it's basically going to come like this

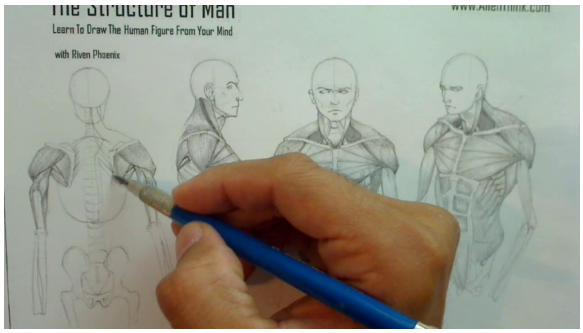
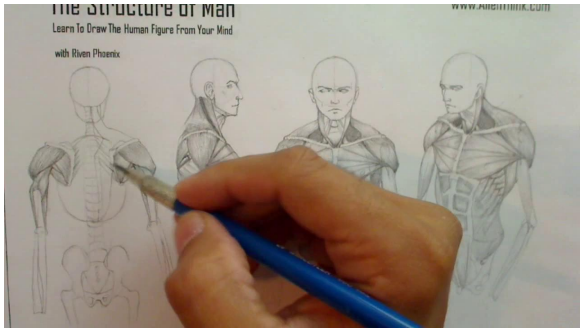
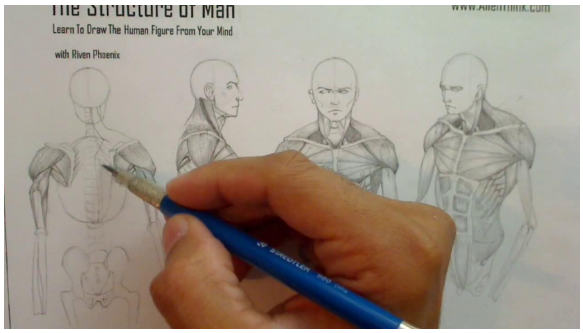
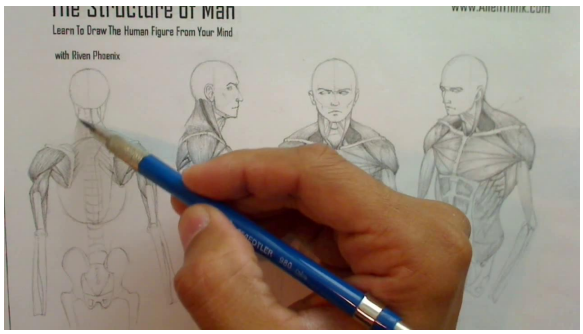
2026 Riven Phoenix and AlienThink.com

17		and it's going to quickly come back and where this area is here.
18		See this for the scapula?
19		It's going to come back over here and connect back to the kind of like almost on the top of the spine over here.
20		And then basically it just goes down this way all the way over here and it connects over here to the end.

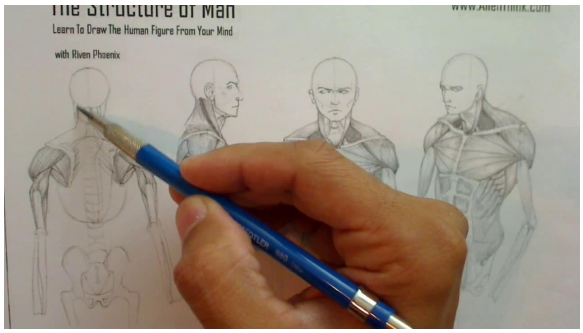
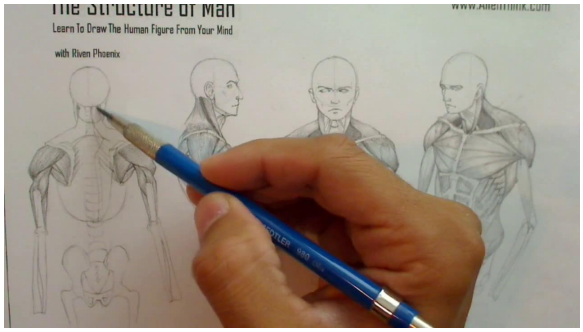
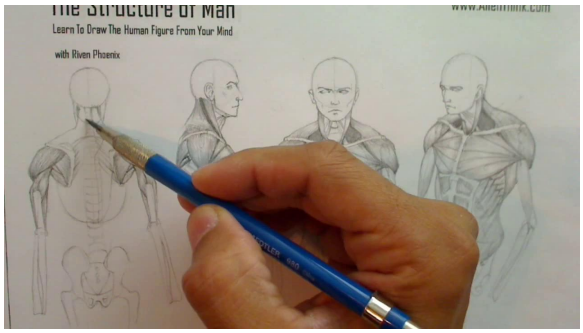
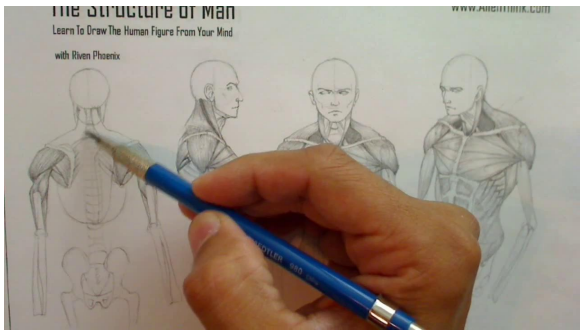
2026 Riven Phoenix and AlienThink.com

21		Right, so what happens over here is that this muscle, see this over here, it's now going to be connected on the top of this scapula over here
22		but it connects all the way only until this point and then it drops down.
23		Right, so when it drops down this is where you get this area where it exposes this little bit of that muscle.
24		Right, so here now we're going to get this line over here and this line over here.

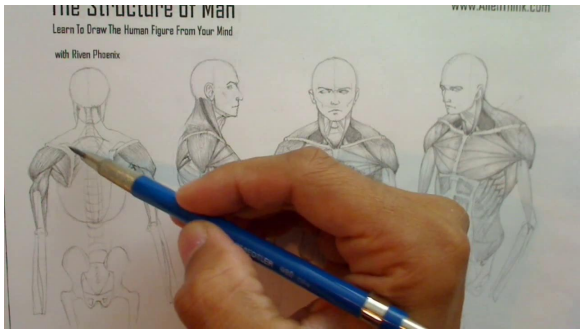
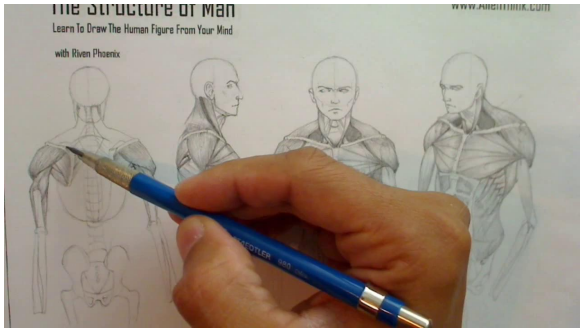
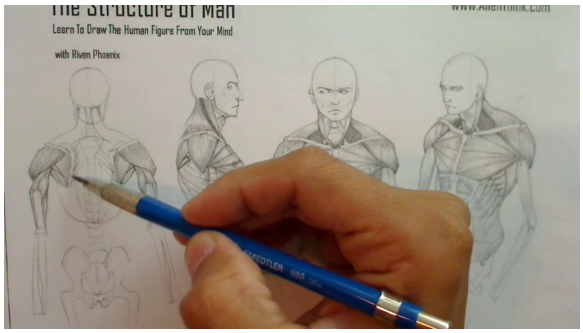
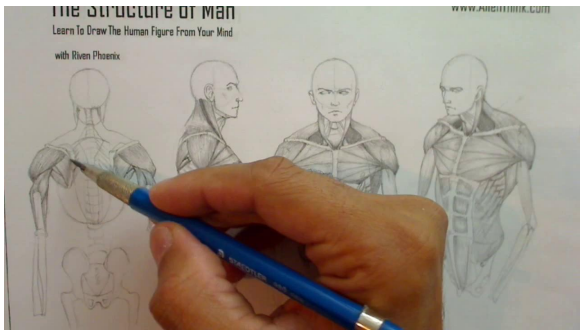
2026 Riven Phoenix and AlienThink.com

25		And basically this muscle when it comes down it's just going to swoop back in and connect back over here.
26		Right, so it's obviously going on top of this so you're going to get like a nudge over here.
27		Right, so if we draw this from the other side we'll do the same thing.
28		It's basically draw it like this and then put this stuff like this over here and then put this back, the muscle for the neck over here.

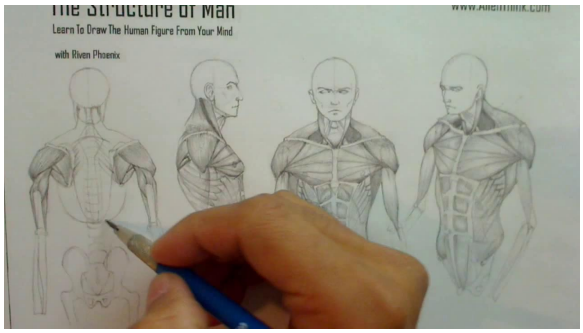
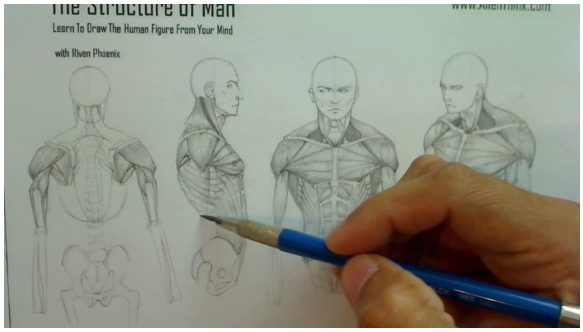
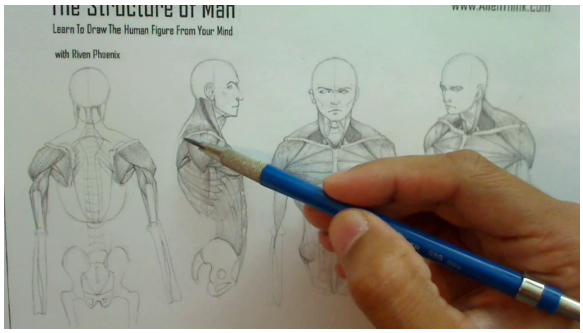
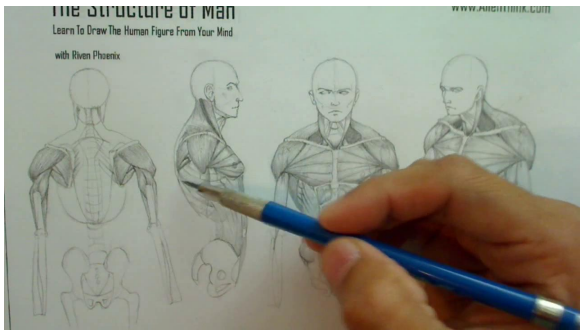
2026 Riven Phoenix and AlienThink.com

29		So this area here is just going to be dark. Right, so it's connecting to the back here, all the neck.
30		Right, so it's going to be the back of the neck. It's where it's connecting.
31		Right, so it's going to just do the same thing. It's going to come in like this.
32		It's going to slowly come over here and then it's just going to come like this over here and do this.

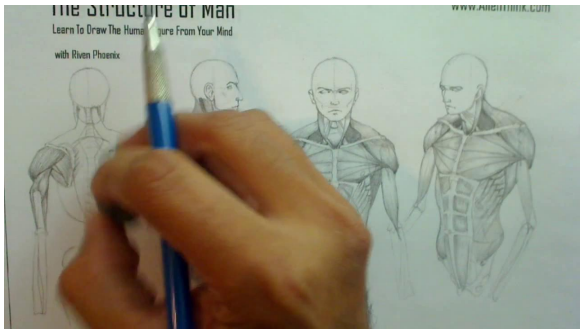
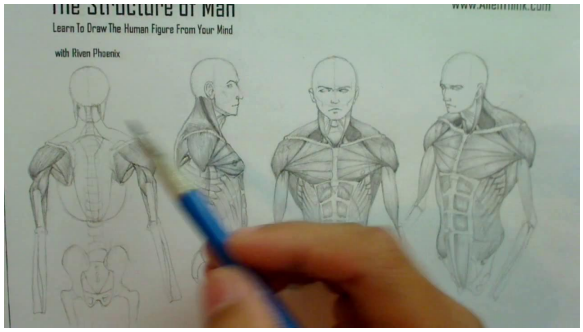
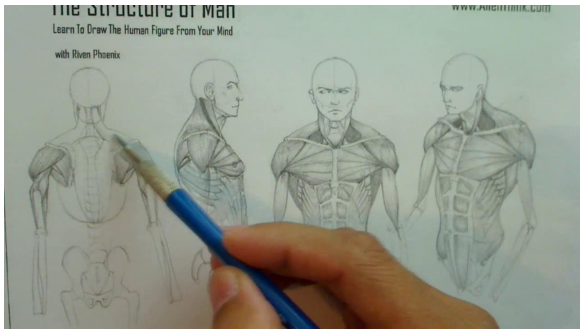
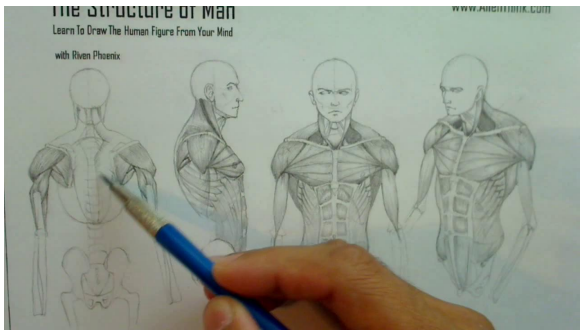
2026 Riven Phoenix and AlienThink.com

33		Right, so over here it'll from here it's going to be connected over here.
34		It's going to swoop down over here going off this scapula like this and it's going to expose a little bit of this over here and come here.
35		Right, so you can see why this muscle here that we're drawing out.
36		Right, really is an optional thing but you should know that it is there and you'll see this on the figure.

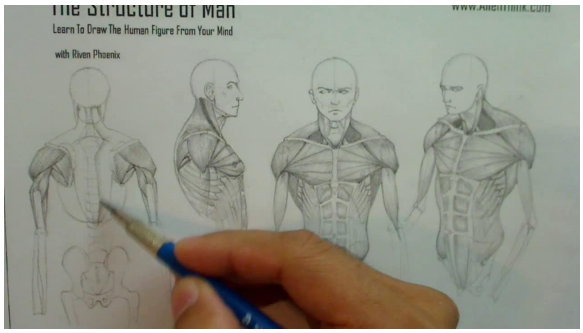
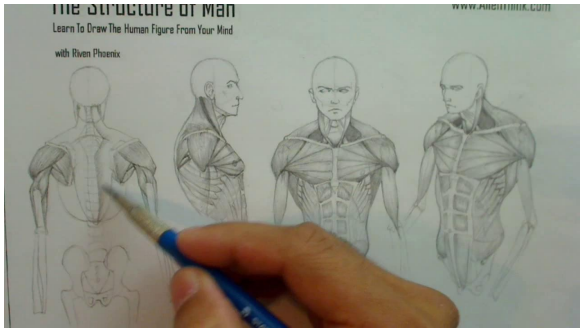
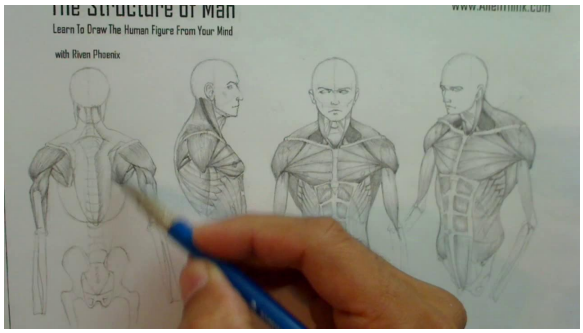
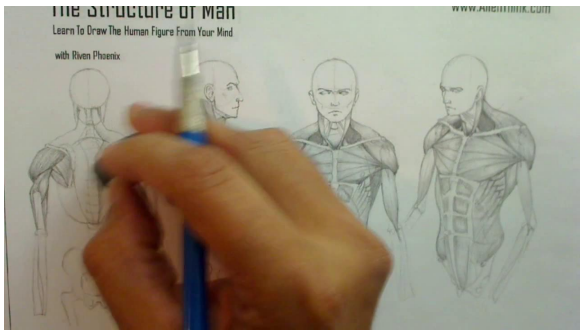
2026 Riven Phoenix and AlienThink.com

37		Okay, so what this means here on the side is basically it's coming down over here.
38		Right, so this muscle when we draw it out, it's really going to come on top of here.
39		It's going to go downwards. Right, so you're going to get basically this guy coming like this and here you'll hardly see him because now he's kind of like going in the back.
40		Okay, so here we're just going to now render this out over here.

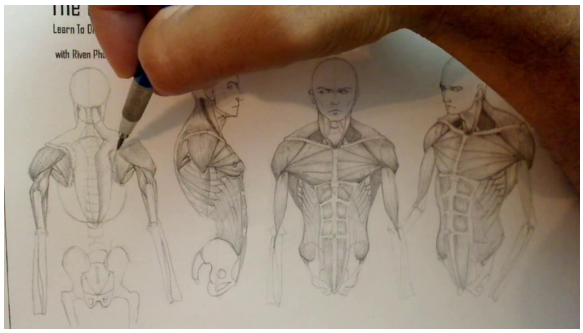
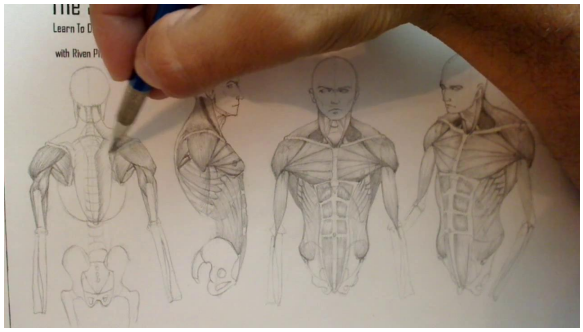
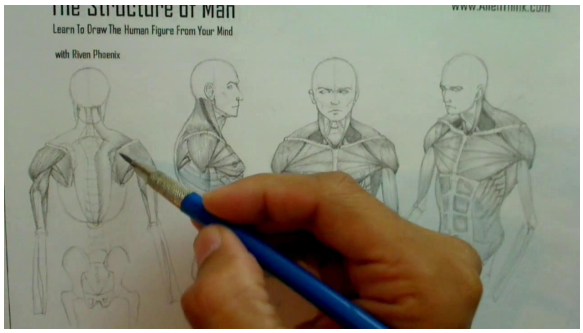
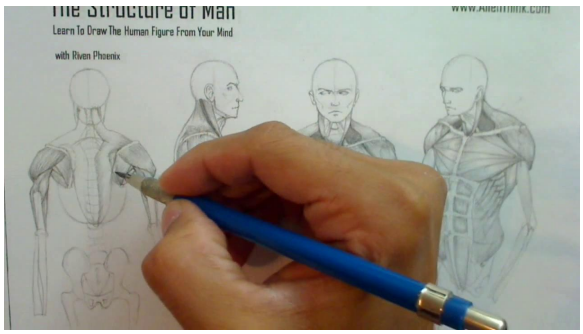
2026 Riven Phoenix and AlienThink.com

41		So remember where the scapula is, I'm going to make like a nudge over here to make this look correct.
42		Right, so this here is just going, the fibers are really going to be going in this direction and going up.
43		Right, it's just going around, around this way.
44		Right, and basically they're just going to come together over here like this, the two muscles like this over here.

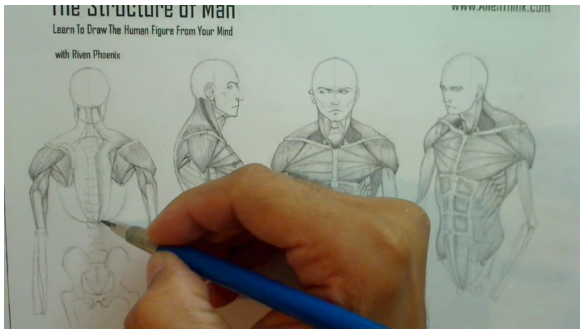
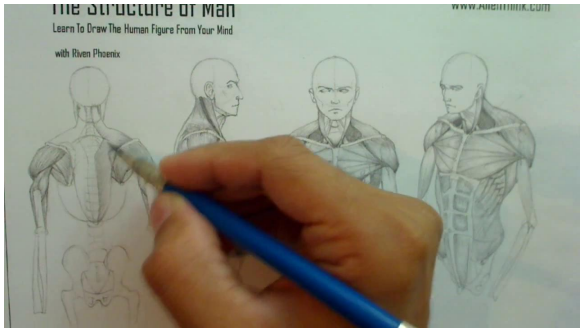
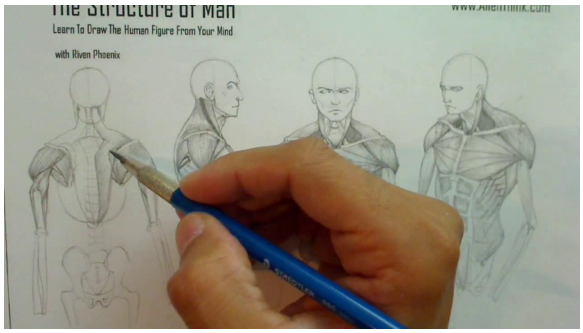
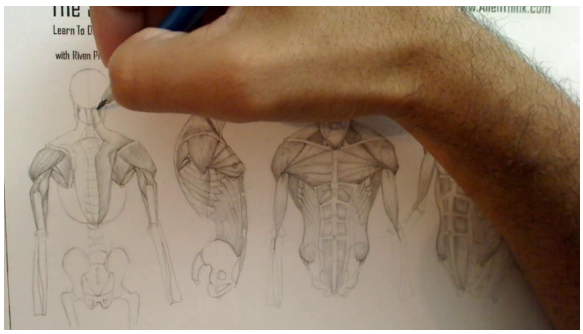
2026 Riven Phoenix and AlienThink.com

45		Right, so this tells you that you're going to, this is going to be a wedge here in the middle of the back.
46		Right, so when I get over here, I'm going to now think about the scapula over here and really just going to do it this way to show that it's really coming down this way over here.
47		Right, this is the line and we're going to get like a little bit here on the top over here.
48		Right, so now I'm going to remove just the top of the scapula.

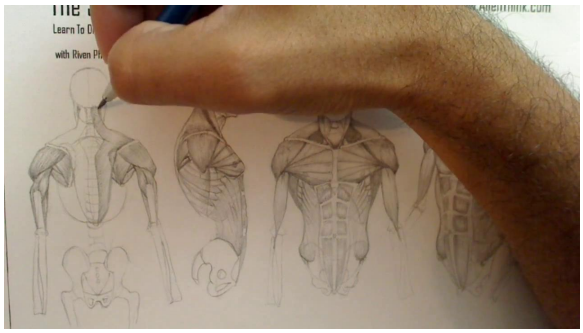
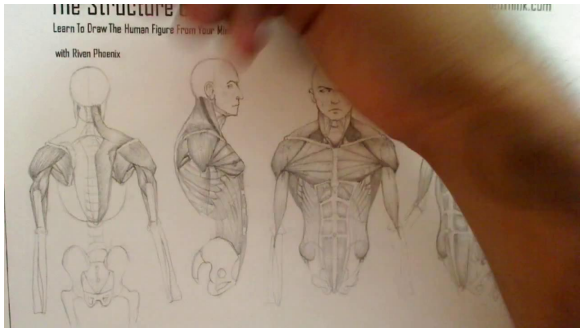
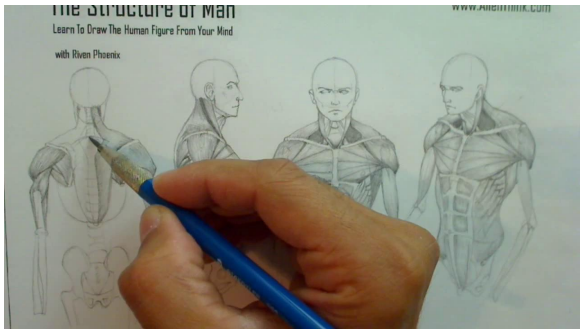
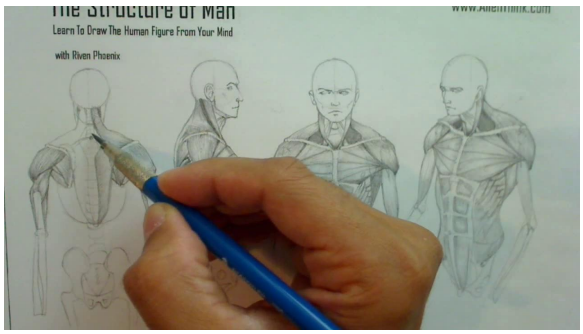
2026 Riven Phoenix and AlienThink.com

49		So this guy here really is just going to be connected like this.
50		Right, so it's all connected over here.
51		So this, this is really the line for it going down this way.
52		Then I've got the line here for the, the scapula, then I got the line here for this muscle over here.

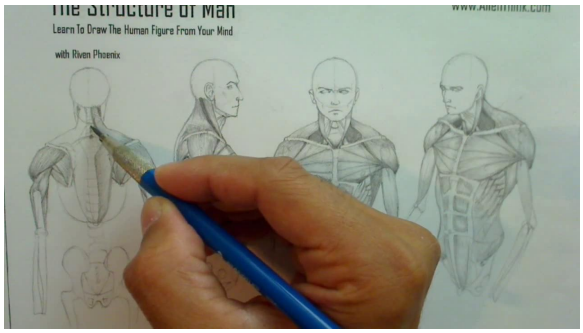
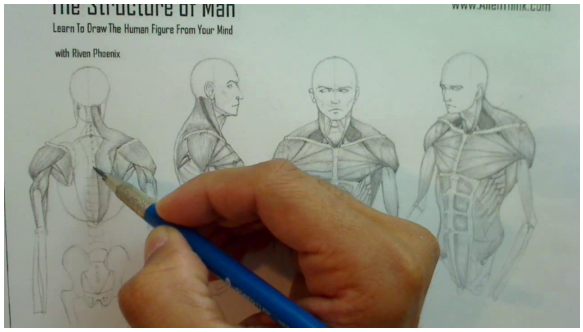
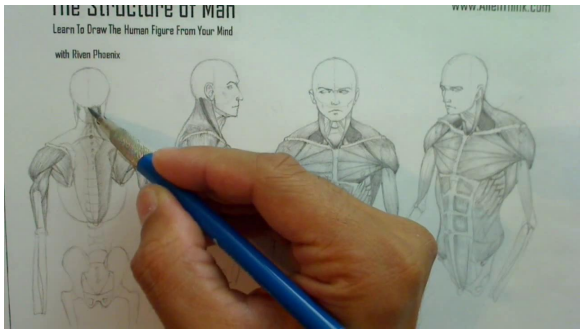
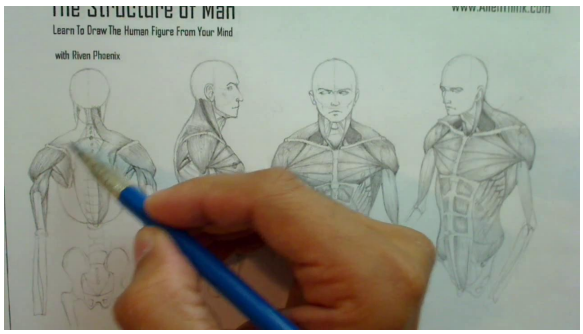
2026 Riven Phoenix and AlienThink.com

53		Okay, so here we can just simply render this like this over here and make it go this way.
54		Right, so this area here is really a wedge in the back.
55		And I'm just going to finish this off like this.
56		So for this, I'm just going to come down this way over here.

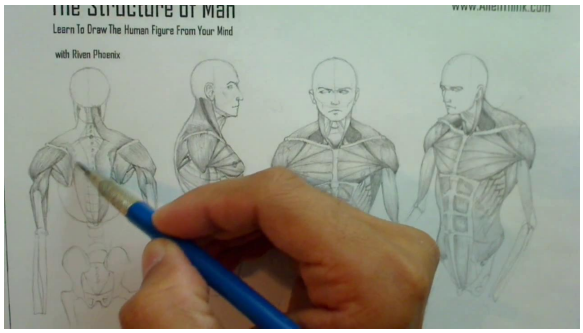
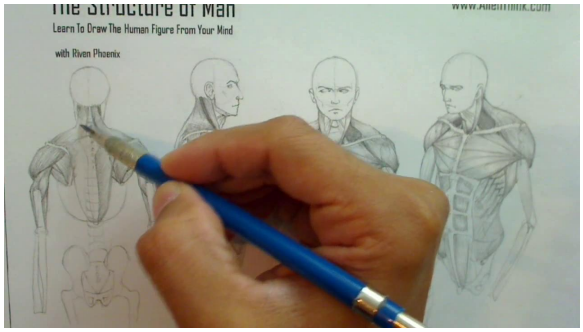
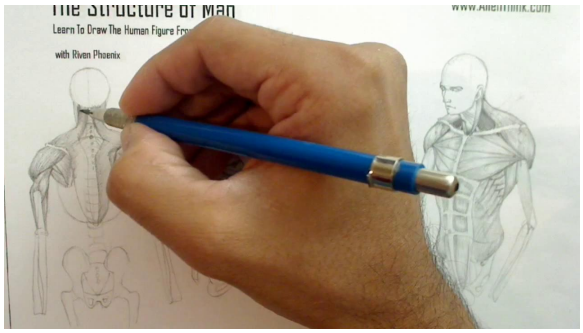
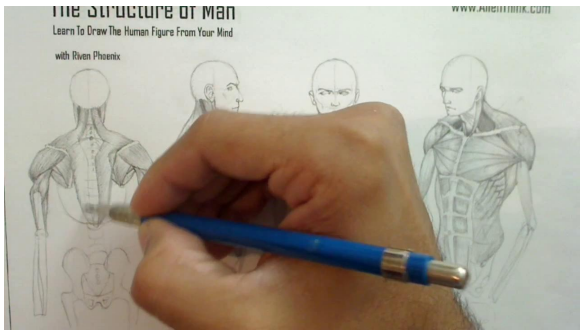
2026 Riven Phoenix and AlienThink.com

57		This is just going to be darker area over here.
58		Okay, so what happens here is that you're going to get the bones for the spine, the one, the spikes.
59		You're going to, basically, you're going to get like these, these, these ball chips.
60		So you're going to get about one, two, and three.

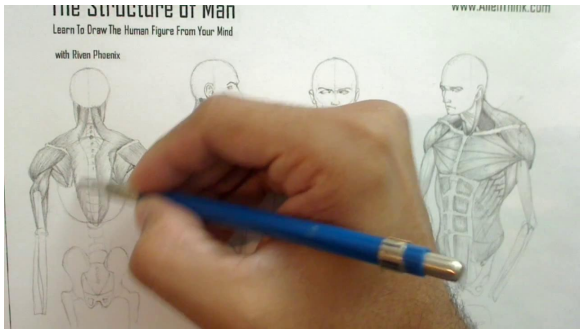
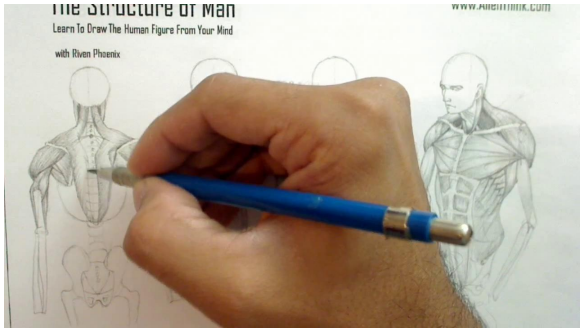
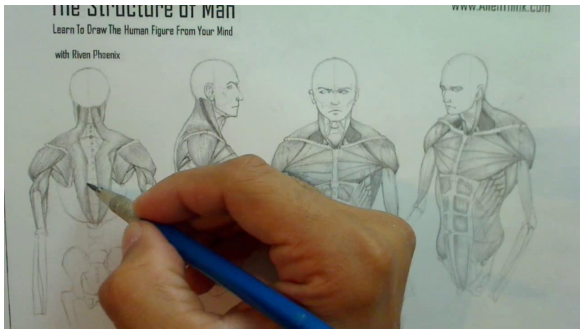
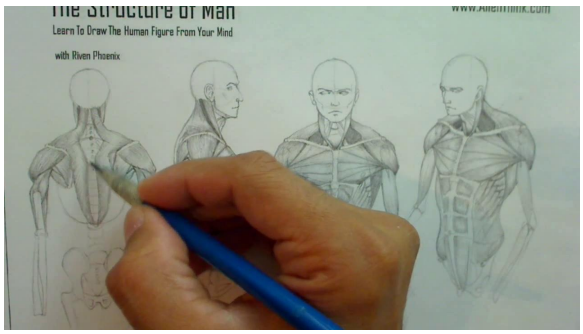
2026 Riven Phoenix and AlienThink.com

61		Right, and then over here, we'll get basically these nudges here, but they'll like just start to disappear.
62		Right, so just know that this is all optional here.
63		They're just ideas that we need to understand that we can add them or we don't have to add them.
64		Right, and we talked about this in the drawing of Michelangelo, right?

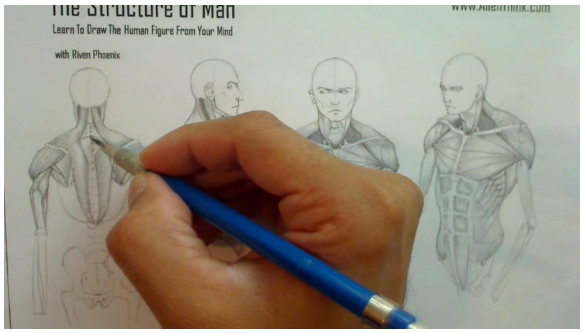
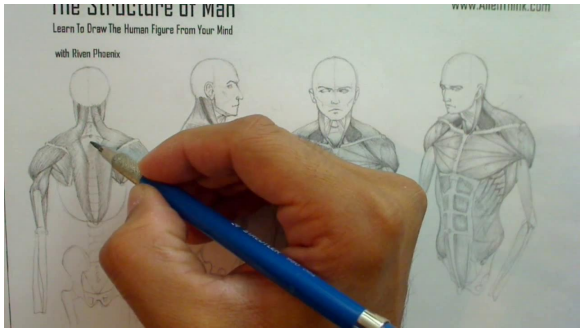
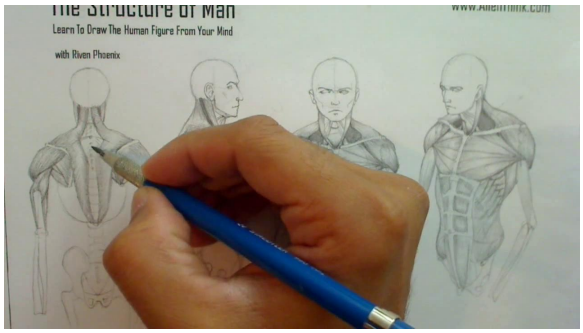
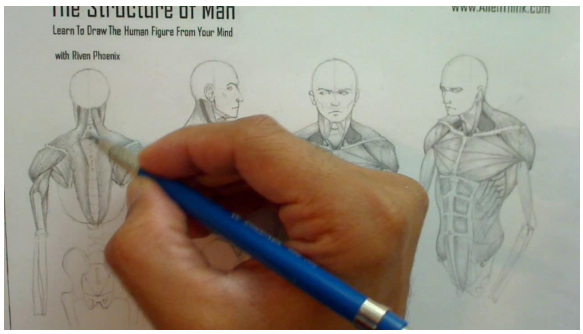
2026 Riven Phoenix and AlienThink.com

65		He chose not to show them.
66		And we're just going to render it like this over here.
67		Okay.
68		Okay.

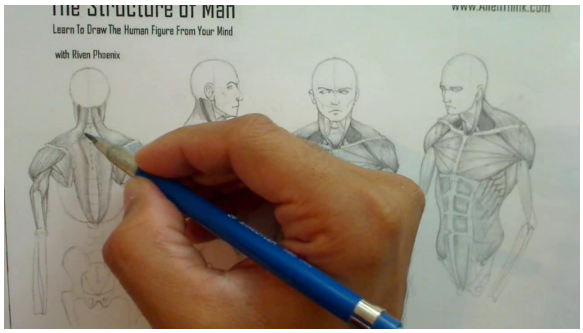
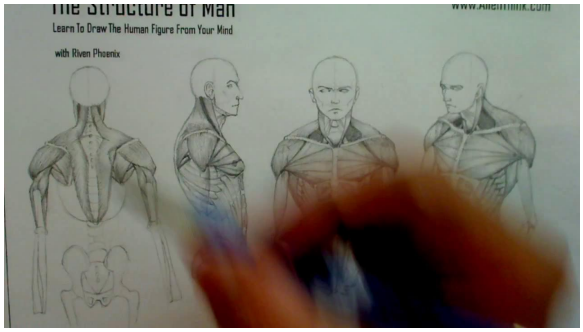
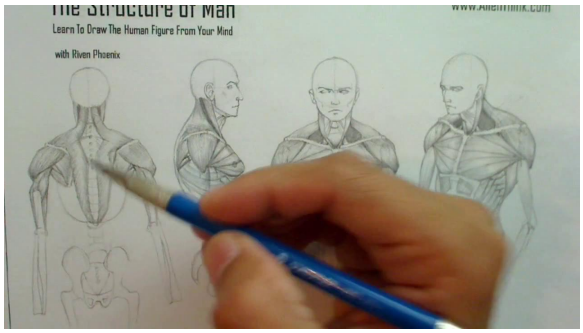
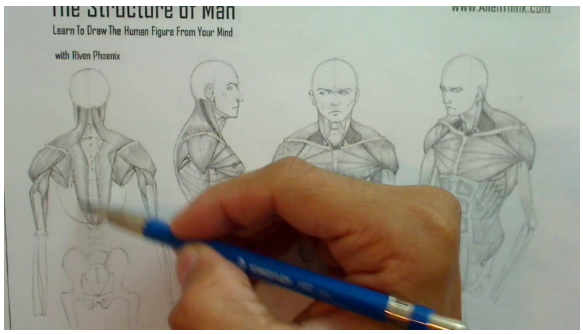
2026 Riven Phoenix and AlienThink.com

69		Okay.
70		Okay, so we're just simply going to put this over here right now.
71		Okay, so this area here is now just going to be covered up with white stuff over here.
72		Right, just like this.

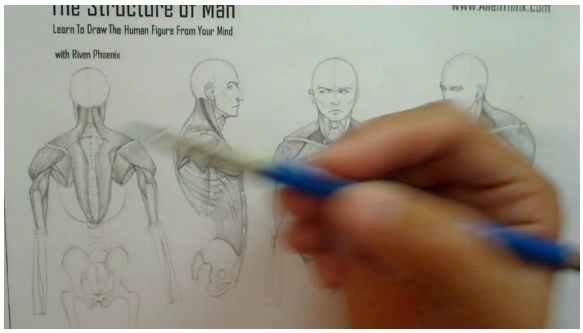
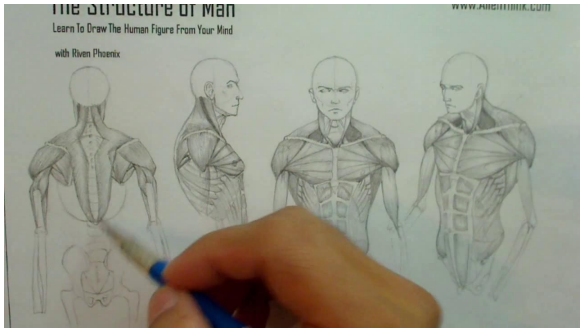
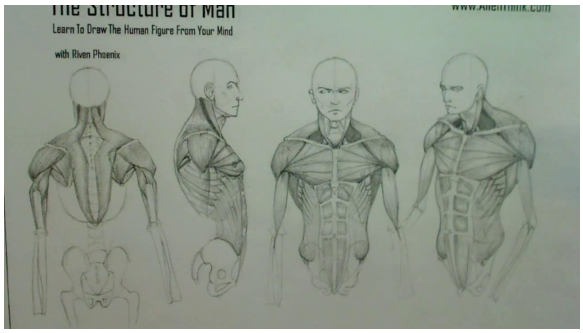
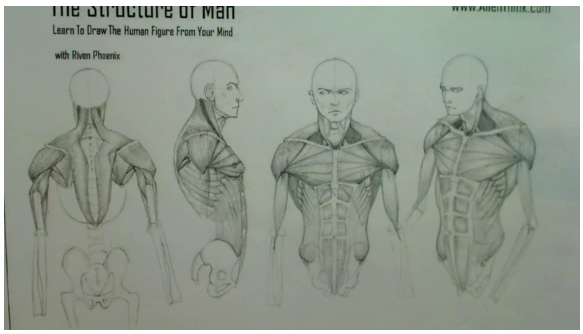
2026 Riven Phoenix and AlienThink.com

73		Right, so here in the spine where we did these, we can kind of like do them a little more in the center over here.
74		Just make them go down like this.
75		And that's it.
76		Right, so all of this is now just white, white stuff, right?

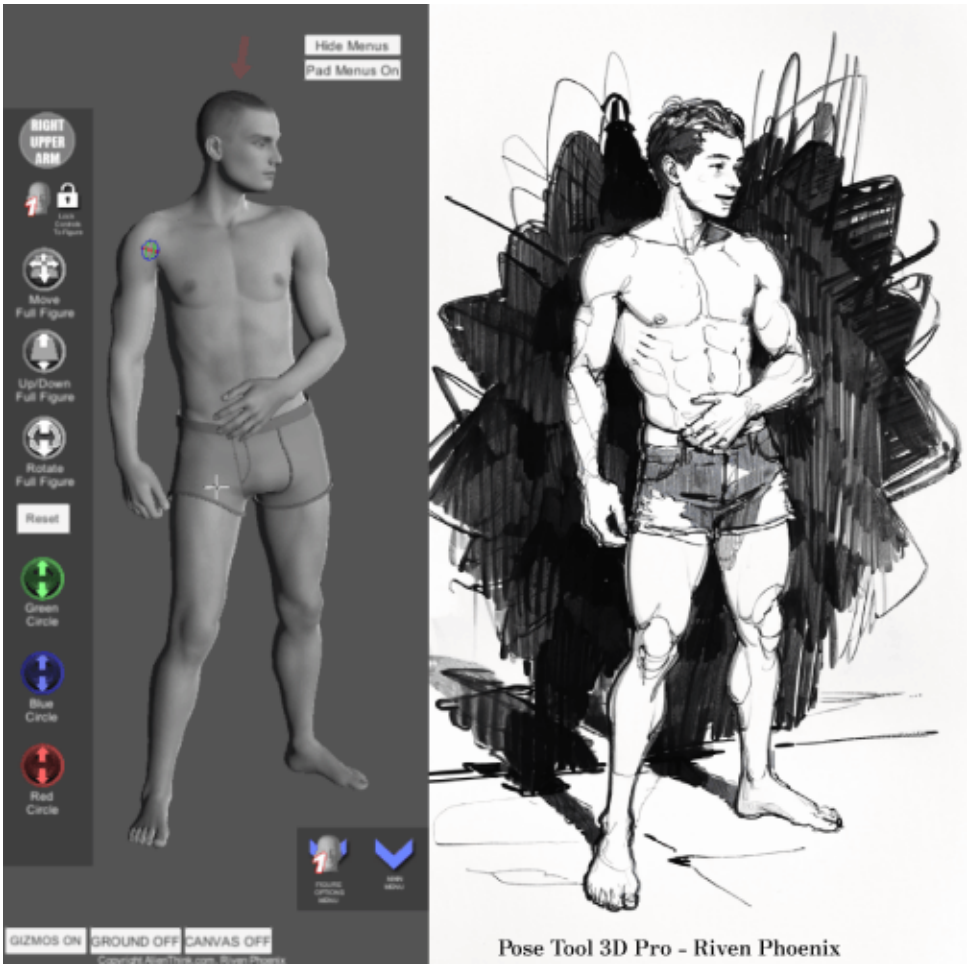
2026 Riven Phoenix and AlienThink.com

77		So you're not seeing this fine anymore over here on this.
78		Back muscle.
79		Right, so another thing here is that, I mean, you can increase the size of it just a little bit like this if you wanted to.
80		That's the basic concept of it.

2026 Riven Phoenix and AlienThink.com

81		Right, so we're not going to put this on the mannequin yet.
82		It's because we want to understand just finish this idea off and move them to there.
83		So I'll see you in the next lesson.
84		Thanks.

2026 Riven Phoenix and AlienThink.com



www.alienthink.com/pose-tool-3d/

2026 Riven Phoenix and AlienThink.com